

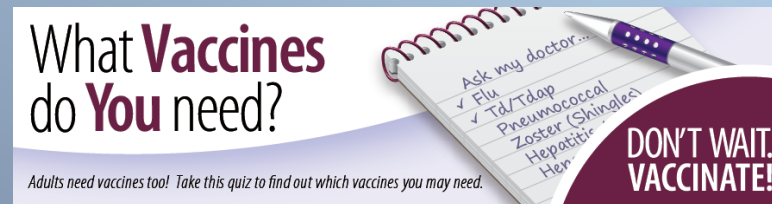
After the Storm

- Mold: If you are allergic or have a chronic lung condition or weakened immune system avoid buildings that are contaminated. If you plan to do clean up, wear a protective N95 mask.
- Mold Clean Up: 1 cup of bleach to 1 gallon of water. DO NOT mix with ammonia! Use in a well ventilated area.
- Wound care: To prevent infection, including tetanus, clean all cuts and wounds with soap and clean water, use antibiotic ointment, and cover. If a wound swells or drains, seek medical attention immediately.
- Medication Safety: Talk with your doctor or pharmacist about replacing drugs if they were exposed to high temperatures for a week or more.
- Carbon Monoxide and Generator Safety: DO NOT use generators or grills inside or within 20 feet of a home.

Disasters Don't Plan Ahead. You Can.

September is National Preparedness Month

- Make (or adjust) a Plan for Yourself, Family and Friends
- Sign up for local alerts and warnings
- Build (or restock) your emergency kit
- Have an evacuation plan
- Practice your plans
- Volunteer for a Citizen Emergency Response Team (CERT)
- Update your vaccines!
 - Check with your doctor or provider



Post Storm Stress and Recovery

JSC Employee Assistance Program

Stress Reactions:

- Anger, irritability, sensitivity, impatience, volatility, aggression, tearfulness, powerlessness
- Poor concentration and focus, poor short term memory, indecision, distractibility
- Restlessness, fatigue, disrupted sleep, headaches, muscle tension and pain, disrupted appetite
- With prolonged or multiple disasters – disaster fatigue (less donating, less compassion, less assistance), hopelessness

Coping Skills

- Self care
 - ✓ Sleep/rest
 - ✓ Healthy foods
 - ✓ Exercise
 - ✓ Social support (join the herd)
- Resilience
- Adaptation (new normal)
- Kindness and patience
- Small steps
- Give and ask for assistance

EAP Critical Incident Stress Management Plan

- On going crisis counseling and management of existing complex cases
- **CISM debriefings the week of September 11th.**
 - Allows JSC HRR's time to categorize employees into the green/yellow/red categories based on amount of damage sustained, which we use to organize our debriefings groups based on level of impact.
 - Many employees were teleworking last week due to kids being out of school, damage to property, or both.
 - Some folks are still in mission mode so it is too soon to process the stress from the storm
- **Debriefing with the employees *least* impacted first**
 - They are past the event and ready to process
 - Next we debrief moderate impact folks
 - Last we assist the folks who sustained catastrophic loss when they are no longer in mission mode
 - There will be a separate group for employees who have lost family members as a result of the storm
- **We place folks in homogenous and staggered groups**
 - Prevents folks with lesser impact from becoming more impacted by the disclosures of more impacted members
 - Reduces survivor guilt
 - It also allows heavily impacted folks to remain in mission mode and keep reactions contained and compartmentalized so they can effectively manage their significant challenges.
- We are working with JSC HR to schedule these group and anticipate that we will be doing debriefings for the next several weeks.
- We have a mutual aid agreement with the other NASA EAP's who are ready and eager to help. A few of them are clinicians I worked with for Katrina and Ike who are now experienced facilitators.